

Report of Gymnasium 1905

Madam President -

Mrs. Raff.

Ladies -

The real purpose of our Gymnasium is to put our students into better condition for their work in life.

For "Exercise is the chief source of improvement in all our faculties and - Health - is the soul that animates all the enjoyments of life -"

We have had registration in our Gymnasium

This year forty-eight students in Residence,

from the <sup>from the</sup> ~~Methodist~~ Training School. Adult

Externes and <sup>fifteen</sup> Children

Of the students in Residence Dr. Davis

has made 48 Medical Examinations

and the Director of Gymnasium <sup>has taken</sup> the same number of Anthropological measurements

These physical examinations this year have revealed a very



2) uneven development - in the  
first year students - <sup>especially</sup> never have we  
had a class who needed systematic  
training more than these and with  
the exception of the Household Science  
students never have we had a class  
so indifferent to the advantages of  
the gymnasium?

Those who have worked faithfully  
and well are our Household Science  
students and that it has meant  
something to them is shown by  
actual measurement. Thus -

Student of the third year - M. P. Chest Expansion  
four inches, with measurement even and  
has grown  $1\frac{1}{2}$  inches during this year

Student of the second year <sup>has</sup> entered with  
a chest expansion of two inches - today registers  
an expansion of  $4\frac{1}{2}$  inches - <sup>uneven most measurement</sup>

Student of the first year chest expansion  
 $2\frac{2}{10}$  inches has now an expansion of 3 inches  
and has grown from  $60\frac{8}{10}$  inches to 61 inches  
<sup>still unequal most measurement</sup>

Measurement of Venus - taken from Athens.  
Research in the Athenian Museum -



3) Through these charts we aim to do  
corrective work and this year we  
have had <sup>outlined</sup> special treatment for  
Low Shoulders, Drooping Head,  
Constipation, Indigestion, Billionsness,  
Pain in Back, Narrow Shoulders,  
with some encouraging results.  
Our Students are at the end of this  
year, in a much better physical  
condition than last spring and  
with one or two exceptions they  
have all taken exercise  
regularly through the entire year.  
Through the fall months the  
attendance at the gymnasium  
classes ~~was~~ larger than last  
year, after the skating started  
attendance lessened, and our  
skating was hardly over, till  
Tennis and <sup>outside</sup> basket ball  
began.

{ If we would acquire the best results in  
developing the strength of our bodies we must  
know something of the proper diet, sleep - fresh air, exercise  
and bathing.



4) Many of the students take exercise in the gymnasium at night just a few moments gives them a new interest for study. Our diet -

If the purpose of eating is to give to the body new material to build up and repair lost tissue I believe the Masters of our Household has given a well planned diet for throughout the entire year we have had phosphates

(Nativity or Brain) Specially beneficial to those who are called upon to do much mental work. Lean meat fish Cheese whole wheat bread oatmeal baked beans. green corn peas potatoes and prunes.

Nitrates (Muscle or Strength) (The following foods contain Nitrogen and would supply the need of those faithful to gymnasium work Beef. Mutton, cracked wheat, boiled barley oatmeal - eggs fruit and vegetables  
Carbonate (Heat or Fat) Sugar Butter. Rice  
chocolate white bread syrup and soap



5) There has been many things to discourage the teacher of gymnastics but in that we feel that the work has grown some and knowledge of and love for systematic exercise increasing -

Exercise is as old as man - God said to Adam "In the sweat of thy face thou shalt eat bread" Thus we find that those who labor every day with mind and body until they sweat out the daily made impurities are the happiest and longest lived the world over. Temperament and value of Exercise go hand in hand. I believe that happiness and cheerfulness is necessary to perfect development in the gym

Example. (See ?) Indigestion - worry - ?  
Carlyle has said. Give us oh give us rest  
Scientifically speaking there is no difference between the professional labor which circumstances demand from the mechanic or workman and the more or less refined exercise to which we devote ourselves. The manual laborer who chops <sup>a the negro woman</sup> wood, and the girl who fences both perform muscular work - But the student who fences has her exercise at her own time and hour, regulates her taste the time she allots to it, following the call of hygiene, diet and rest while the poor man or woman, works too much, feeds badly and sleeps little - Thus work wears out the one while exercise strengthens the other. 315



5) Great care has been taken that Sleep should not be interfered with.

Ventilation is good fresh air and sunshine in every room

Bathing has been well timed and of daily

Exercise is as old as man God said to Adam - "In the sweat of thy face thou shalt eat bread" - Thus we find that those who labor every day with mind and body

6). The manner of taking the exercise means so much -

This year we have felt less shame in the gymnasium  
Our guests will, perhaps have noticed this in our two open meetings and our girls afterwards declared "It was such fun" - Good sport - - -



7) The value of regular attendance at class at a gymnasium has been well demonstrated by the work accomplished by the students of the Methodist Training School - (ref to Mrs. Stone)  
I find that in England little apparatus is used, in Germany where the athletes love to celebrate their one hundredth anniversary little or no apparatus is used.  
And in a letter received from Athens Greece last week - Mrs. Stone tells me the system used by the modern Greek woman now is Swedish gymnastics.  
The Greek woman understands this law of balance as demonstrated, first in search of the evolution of the Vms.

Miss Walton -

Dr. Davis -



1  
Gymnasium Apparatus

Clubs 50 pairs

Drum-bells 50 pairs

Rods - 50

Bouncing Balls 24

Fencing-Foil 13

{ Masks 2

{ Shields 2

{ Gloves 2

Basket Ball one set

Parallel Bars



In Dressing Room  
Three shower baths.  
Three rubber caps -

Hauling Horse<sup>2</sup>  
Balance Board  
Overhead Ladder  
Travelling Rings 6  
Trapeze  
Club Mirrors  
Chestweights 2  
Rowing Apparatus 1  
Apparatus Mats 3

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Furniture.

4 doz chairs  
1 Piano & Stool (rented)  
1 platform - movable





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